

KATHY HOCHUL Governor SHEILA J. POOLE

Commissioner

October 25, 2022

Dear Provider,

Each year in the United States, there are more than 3,500 sleep-related infant deaths. Many of these are the result of unsafe practices. It is imperative child care providers utilize safe sleep practices in their program and share information about safe sleep with the families they serve. Together, we can help prevent further tragedy.

Do You Know the ABCs of Safe Sleep?

It's very simple, A = Alone, B = Back, C = Crib.

- Alone babies are safest when they sleep alone in a safe crib right from the start. Sharing a sleeping space with an infant increases the risk of the infant becoming entrapped in bedding or smothered during the shifting that may occur during sleep.
- Back babies should be placed on their backs in a safe crib. Babies who sleep on their stomachs run the risk of choking.
- Crib babies should be placed in a safe crib that is free of soft objects or loose bedding that could entrap or smother a baby. Infants should not be put to sleep on waterbeds, sofas, chairs, car seats, or other unstable surfaces. Infants may suffocate if they become wedged between the cushions of a sofa, caught in the bed frame, or caught between the frame and the mattress or wall.



In child care programs, sleeping arrangements for infants through 12 months of age require that the infant be placed flat on their back to sleep unless medical information from a child's health care provider is presented to the program by the parent that shows that arrangement is inappropriate for the child. Children may not sleep or nap in car seats, baby swings, strollers, infant seats or bouncy seats unless otherwise prescribed by a health care provider. Cribs, bassinets and other sleeping areas for infants through 12 months of age must include an appropriately sized fitted sheet, and must not have bumper pads, toys, stuff animals, blankets, pillows, wedges or infant positioners. Wedges or infant positioners will be permitted with medical documentation. For details regarding sleeping requirements in child care programs, refer to the regulations.

Become a Safe Sleep Ambassador!



Cribs for Kids is offering a no cost training that focuses on the health, safety and well-being of infants. This 20 to 30 minute online course explains why safe sleep practices are so important. Participants who successfully complete the training (score 90% or higher) will receive a certificate. The certificate may be used toward the biennial training requirement. To become a Safe Sleep Ambassador click on the following link: Safe Sleep Ambassador — Cribs for Kids.

New Information Regarding Inclined Infant Sleep Products

The Consumer Product Safety Commission is advising to stop using infant sleep products with inclined seat backs of more than 10 degrees. Additional information can be found on their website at: https://www.cpsc.gov/Newsroom/News-Releases/2020/CPSC-Cautions-Consumers-Not-to-Use-Inclined-Infant-Sleep-Products.

Free Resources for Providers

- ➤ OCFS has created a webpage dedicated to prevention strategies. One of the highlighted areas is safe sleep. On this webpage you can find information related to safe sleep as well as videos and publications. To learn more, go to: Safe Sleep | Child Protective Services | OCFS (ny.gov)
- The NYSDOH offers limited quantities of free educational materials to New York State residents and organizations. Select materials include magnets, mirror clings, posters, crib cards, and videos available in English and six other languages. Providers can request up to 200 copies of 10 different publications. To view the publications and place an order, please go to the NYS DOH website at the following link: Safe Sleep For Baby (ny.gov). Consider sharing these resources with families.
- New York Loves Safe Babies publications including flyers, tip sheets, brochures, and magnets can be ordered by completing the New York Loves Safe Babies Publication Request at the following link: https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Focfs.ny.gov%2Fprograms%2Fprevention%2
 https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Focfs.ny.gov%2Fprograms%2Fprevention%2
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Thank you for your commitment to ensuring the children enrolled in your program sleep safely.

Sincerely,

Nora K. Yates

Deputy Commissioner

Division of Child Care Services